

### Abstract of the Disclosure

A side-protective head restraint pad, pad assembly and safety seat. The restraint pad includes an air bladder with a pump for selectively inflating the air bladder and a release valve for selectively deflating the air bladder, an energy-absorbing component and a comfort component. A flexible enclosure is provided within which the air bladder, energy-absorbing component and comfort component are positioned in overlaid configuration to define a unit. The head restraint pad is adapted for being placed in a seat in lateral alignment with one side of the head of an occupant and inflatable or deflatable as appropriate to restrain the head against injurious lateral movement caused by a side impact relative to the seat.